
What our Graduates are Saying

"My self-esteem is stronger"

"It is important to keep mentally stimulated, to grow.....particularly to learn how to speak."

"I love this class. I want to learn more!"

"I enjoyed the human car exercise and working as a team"



Individual instruction provided by Lee Lemanski to Cathy Semens



Margaret uses props for speech presentation

Sandy Houghton, Margaret George and Lee Lemanski

For More Information

If you would like to find out more about the Leadership Series, please contact:

Sandy Houghton

Program Coordinator

Massachusetts Developmental

Disabilities Council

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Self-Advocacy Leadership Series



"Ask me to do more!"

Leadership Training Graduate

What is the Self-Advocacy Leadership Series?

The Self-Advocacy Leadership Series is a training that provides education and training support to people with disabilities.

This series seeks to help people improve their skills in the areas of decision-making and leadership.

This series is a 10-week program with each class session lasting 2 hours.

Why is the Self-Advocacy Leadership Series Important?

This series provides opportunities to connect people with disabilities to self-advocacy networks as well as expand a person's social network.

We practice important leadership skills in an interactive and supportive environment.

What Makes this Series Unique?

This series offers ten consecutive classes giving people time to:

- ♦ Develop friendships
- ♦ Effectively interact in each of the topic areas
- ♦ Build self-confidence through role-play and practice
- ♦ Complete homework assignments designed to connect class members outside of class
- ♦ Participate in an official graduation ceremony



*1st Graduating Class of SALS
Worcester*

2003

Class Topics Include:

- ♦ Who I Am
 - ♦ Communication
 - ♦ Feelings and Values
 - ♦ Leadership Part 1 & 2
 - ♦ Team Building
 - ♦ Rules & Laws Part 1 & 2
 - ♦ Speech Writing/Taking Action
 - ♦ Speech/Graduation
-

How does a Leadership Series Work?

A maximum of 12 class members are selected through an application process.

Applicants must be a person with a developmental disability. Applicants are chosen based on their answers to the questions on the application, and on their willingness and availability to attend and participate in all classes.